

# Wellness flash

## RUTHERFORD COUNTY EMPLOYEE WELLNESS PROGRAM

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## TAMING TENSION HEADACHES

Almost everyone gets an occasional headache with its throbbing, pounding or viselike sensation. The list of things that can cause a headache can vary from person to person, but most common headaches are caused by tension. Other types of headaches include migraine headaches, cluster headaches, sinus headaches.

There are various ways to treat a tension headache. Try some of these methods next time a headache strikes:

- Massage your neck muscles, rubbing gently and firmly toward your heart.
- Massage your temples.
- Use heat. Apply a heating pad or take a warm shower.
- Apply a cold pack against your forehead or neck.
- Use relaxation techniques. Close your eyes and focus on slow, deep breathing.

### Tips to prevent tension headaches:

- Try to reduce the stress in your life.
- Make a conscious effort to relax your jaw, neck and shoulder muscles even when you don't have a headache.
- Notice your neck and shoulder posture while working. Do you feel tension in them? Make adjustments if necessary.
- Reduce the amount of caffeine you consume.
- Avoid foods that cause headaches.

Some people get headaches after eating certain foods. Some of the most common culprits are: hard cheeses, red wine, caffeine, chocolate, monosodium glutamate (MSG), nuts, onions, sour cream, bananas, citrus fruits.

*June is National Headache Awareness Month! For more information visit the National Headache Foundation [www.headaches.org](http://www.headaches.org)*



### Call for Medical Help If:

- You have severe and stabbing pain
- You have eye pain
- The pain increases when you try to touch your chest with your chin (with your mouth closed).
- You have a stiff neck, fever and nausea
- There is one-sided weakness, numbness, confusion, disturbance of speech, vision or coordination.
- A blow to the head cause severe pain, enlarged pupils, confusion or vomiting.
- There's a fever of 103° or higher with no other symptoms.

## Congrats!



Principal Seymore & Tracy Majewski  
Whitworth Buchanan

Tracy won a \$50 Bass Pro Gift Card for April's Stretch It Out! 30 Day Challenge.

## De~stressing Vacations

Are you working too hard to have a good time? A vacation should be a balance of new experiences and familiar things that will make you feel refreshed, relaxed, and renewed. To help make your next vacation more enjoyable try these tips:

- 1) **Ask family members what they liked best & least about past trips** and how they want this year's to be different. Talk about what it will really be like to wait in long lines, sit on a crowded plane, or drive 500 miles with a panting dog in the car.
- 2) **Consider a STAYCATION.** Enjoy the fun and interesting things in your own city that you've never seen or done.
- 3) **Plan some "down time,"** when you have nothing scheduled.
- 4) **Do as much research** as you can to eliminate surprises.
- 5) **If traveling hold hotel reservations in advance with a credit card** so you won't be caught without accommodations.

# WELLNESS HAPPENINGS

*\*RC FARMER'S MARKET OPEN TUESDAYS & FRIDAYS 7 AM - 12 PM, LANE AGRI PARK*



Powered by:



## JUNE 2013

**JUNE 4: BEE SMART: PROTECTING BIRDS AND BEES**, Mimi Keisling, RC

**JUNE 5: DAIRY DAY** 9 AM & 1 PM  
**Call 898-7710**

**JUNE 7: COMPOSTING BASICS**  
Mark Murphy, CMG

**JUNE 11: SMART STEPS "WELLNESS ON WHEELS"** 7 AM -10 AM, Register of Deeds and County Clerks Office

**JUNE 14: DIY GREEN CLEANING**, Colleen Suave, B Real Magazine

**JUNE 15: RC COLA & MOON PIE 10 MILER**  
Bell Buckle, TN

**JUNE 18: LIFESERVICES WEBINAR: "IT'S NOT JUST ABOUT THE MONEY"**  
11 AM & 1 PM Info on retirement planning and more!

**JUNE 22: DOUGHBOY CHALLENGE 5K**  
Historic Downtown Murfreesboro  
<http://doughboychallenge.com/>

**JUNE 25: UT/TSU EXTENSION "SEASONAL EATING DEMOS"** 9:00 AM  
Community Center - Lane Agri Park  
*Dishes from Farmer's Mkt. produce. Tastings & recipes included.*  
**No registration needed**

## JULY 2013

**JULY 16: LifeServices Webinar: "Family Ties"** 11 AM & 1 PM  
*Explore the new meaning of family and what the word family means for you.*  
[www.lifeserviceseap.com](http://www.lifeserviceseap.com)

**JULY 23: UT/TSU Extension "Seasonal Eating Demos"** 9:00 AM  
COMMUNITY CENTER - LANE AGRI PARK  
*Dishes from Farmer's Market produce. Tastings & recipes included.*

**ADDITIONAL WELLNESS HAPPENINGS AND INFORMATION CAN BE FOUND AT:**  
[www.rutherfordcountyttn.gov/rm/wellness.htm](http://www.rutherfordcountyttn.gov/rm/wellness.htm)



**WELCOME DR. TANZI DOOLEY TO THE MED POINT CLINICS!**

Please welcome Dr. Tanzi Dooley to the Med Point Clinics! Dr. Dooley is a Nashville native and has lived in Rutherford County for 14 years. She graduated from Meharry Medical College in 1997 and trained at Orlando Regional Medical Center, Internal Medicine/Pediatrics. Dr. Dooley has worked in private practice at Total Family Care Clinic from 2004-2013.

Dr. Dooley is excited to be working with Med Point and Rutherford County. Her goal as medical leader is to help more patients feel comfortable seeking out acute and long-term care needs within the Med Point clinics. She feels the collaboration with Walgreens/Take Care Health Systems ensures employees will always have access to superb health and wellness care.



**AMERICAN RED CROSS DISASTER FUND**  
Go to [www.redcross.org](http://www.redcross.org) or text 90999 to make a \$10 donation to the Oklahoma disaster relief fund.

Wishing MyPlate a happy and healthy birthday! Like on Facebook for healthy eating tips & recipes.  
[www.facebook.com/myplate](http://www.facebook.com/myplate)



**JUNE IS MEN'S HEALTH MONTH...**  
**The Road to Men's Health Starts Here!**

There are many health risks for men. They might not be on the top of your mind, but that doesn't mean they're not important. Regular check ups with your doctor can help you stay ahead of the curve. A good place to start is asking about these 5 risks to men's health: 1) High Cholesterol, 2) High Blood Pressure, 3) High Blood Sugar, 4) High PSA Levels, and 5) Low Testosterone. To raise awareness and provide tools and tips to keep men on the path to good health, the Men's Health Network created this website [www.driveforfive.com](http://www.driveforfive.com) Take a few minutes to learn about these risks. It could be the most important thing you do all day.

# SMART STEPS WELLNESS PROGRAM RUTHERFORD COUNTY

## June Fitness Discount



[www.SnapFitness.com](http://www.SnapFitness.com)

**BETTER EXPERIENCE...  
BETTER RESULTS**



*24 Hr. Access. Parking... No Problem. No Waiting for Cardio!*

**COMPANY EMPLOYEE DISCOUNT OPTIONS:**

Option A) 2 Week (14 day) FREE Mini Membership-----\$0.00  
Option B) 1 Month (30 day) TRIAL Membership-----\$8.95  
Option C) FULL Monthly Membership-----\$29.95  
**NO ENROLLMENT FEE, WAIVED FOR COMPANY EMPLOYEES**

*COMPANY EMPLOYEES ONLY: must bring in Employee ID Info  
Also ask about our Employee Family Discounts as well!*

**Be Well! CALL TODAY!**

- 24/7 member access
- All fitness levels welcome!
- Comfortable, Friendly Environment
- Industry's Best Fitness Equipment
- Complimentary Fitness Assessment
- Personal Trainers
- Online Nutrition and Meal Planning
- CardioTVs
- Treadmills - Non-Impact Trainers
- Free Weights
- Access to over 1500 Snap Locations Worldwide
- What's more, we back our service with the industry's best guarantee: Look and feel better in 30 days or we'll return all your money!

**14 Day Corporate  
Mini Membership  
No Commitment Required!**

*No deposit needed for use limited to staffed hours.*

**2812 Old Fort Parkway  
Murfreesboro TN 37128  
615-962-8671**